

**Statistics Report 15029, Fish, flatfish (flounder and sole species), cooked, dry heat**

**Report Date: June 25, 2017 18:48 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	81.11	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kcal	86	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	362	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein	g	15.24	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Total lipid (fat)	g	2.37	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Ash	g	1.49	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fructose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lactose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Maltose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Galactose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Starch	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Minerals													
Calcium, Ca	mg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Iron, Fe	mg	0.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Magnesium, Mg	mg	22	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Phosphorus, P	mg	309	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Potassium, K	mg	197	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Sodium, Na <a href="#">a</a>	mg	363	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Zinc, Zn	mg	0.39	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Copper, Cu	mg	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Manganese, Mn	mg	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Selenium, Se	µg	32.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Thiamin	mg	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Riboflavin	mg	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Niacin	mg	1.278	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Pantothenic acid	mg	0.227	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-6	mg	0.115	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, total	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, food	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Choline, total	mg	79.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-12	µg	1.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin A, RAE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Retinol	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin A, IU	IU	37	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin E (alpha-tocopherol)	mg	0.77	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Tocopherol, beta	mg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Tocopherol, gamma	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Tocopherol, delta	mg	0.32	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	3.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin D3 (cholecalciferol)	µg	3.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin D	IU	139	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lipids													
Fatty acids, total saturated	g	0.542	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
10:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
12:0	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
14:0	g	0.106	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
15:0	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
16:0	g	0.346	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
17:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:0	g	0.065	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
24:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total monounsaturated	g	0.657	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
16:1 undifferentiated	g	0.111	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
17:1	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:1 undifferentiated	g	0.439	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:1	g	0.073	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Fatty acids, total polyunsaturated	g	0.459	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:2 undifferentiated	g	0.055	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:3 undifferentiated	g	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
18:4	g	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:2 n-6 c,c	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:3 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:4 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
20:5 n-3 (EPA)	g	0.168	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:4	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:5 n-3 (DPA)	g	0.034	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
22:6 n-3 (DHA)	g	0.132	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Cholesterol	mg	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Amino Acids													
Tryptophan	g	0.197	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Threonine	g	0.719	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Isoleucine	g	0.754	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Leucine	g	1.335	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Lysine	g	1.561	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Methionine	g	0.560	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Cystine	g	0.183	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Phenylalanine	g	0.624	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Tyrosine	g	0.588	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Valine	g	0.800	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Arginine	g	1.099	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Histidine	g	0.374	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Alanine	g	0.948	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Aspartic acid	g	1.698	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Glutamic acid	g	2.614	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Glycine	g	0.786	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Proline	g	0.599	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.712	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010

**Footnotes**  
<sup>a</sup> Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 105 mg sodium/100g.